

Alcohol consumption habits among adolescents in Bulutellue village, Bulupoddo district, Sinjai regency

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Abstract

This study aims to analyze adolescent social interactions, the determinants of alcohol consumption behavior, and the educational role of parents regarding adolescents in Bulutellue Village, Bulupoddo District, Sinjai Regency. A descriptive qualitative approach was employed. Data collection involved observation, in-depth interviews, and documentation, with informants selected purposively based on the adequacy of information regarding the research focus. The data analysis process utilized an interactive model comprising data reduction, data presentation, and conclusion drawing. The results indicate that adolescent social interactions in Bulutellue Village are dominated by peer group dynamics, unsupervised socializing outside the home or school, and the consequences of parental lack of supervision. Furthermore, alcohol consumption among these adolescents is simultaneously driven by individual characteristics, social environmental vulnerabilities, family disharmony, and local cultural influences. Consequently, optimizing the educational and preventive supervisory roles of parents serves as a crucial instrument in minimizing adolescent social deviance in the area.

Abstrak

Penelitian ini bertujuan untuk menganalisis pergaulan remaja, faktor-faktor penentu perilaku konsumsi minuman keras, serta peran edukatif orang tua terhadap remaja di Desa Bulutellue, Kecamatan Bulupoddo, Kabupaten Sinjai. Pendekatan yang digunakan adalah kualitatif deskriptif. Pengumpulan data dilakukan melalui teknik observasi, wawancara mendalam, dan dokumentasi dengan melibatkan informan yang dipilih secara purposif berdasarkan kecukupan informasi terkait fokus masalah. Proses analisis data menerapkan model interaktif yang meliputi tahapan reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa pergaulan remaja di Desa Bulutellue didominasi oleh interaksi kelompok teman sebaya, pergaulan bebas di luar rumah atau sekolah, serta dampak kelalaian kontrol orang tua. Lebih lanjut, perilaku konsumsi minuman keras di kalangan remaja tersebut dipicu secara simultan oleh faktor karakteristik individu, kerentanan lingkungan sosial, disharmoni keluarga, dan pengaruh kultural budaya setempat. Oleh karena itu, optimalisasi fungsi edukasi dan pengawasan preventif oleh orang tua menjadi instrumen krusial dalam meminimalisasi deviasi sosial remaja di wilayah tersebut.

Keywords

adolescent social interaction, alcohol, parental role

1. Introduction

Indonesia is a nation with a vast population; its expansive territory and multitude of islands foster a rich diversity of cultures, making the country vibrant and renowned (Abidin & Saebani, 2014). Local values cultivated by communities over time through natural formation and ongoing learning are central to this identity (Saifuddin, 2011). However, certain habits prevalent in Indonesian society can have detrimental effects on individuals. A prime example is the culture surrounding nightclubs establishments primarily dedicated to serving alcohol which has come to be viewed as commonplace yet significantly impacts the lives of young people (Kurniawan et al., 2025). Today, we frequently see adolescents and even younger children influenced by these habits, leading them into lifestyles characterized by promiscuity and unrestrained social behavior. Media outlets frequently report on underage students caught engaging in inappropriate activities often driven solely by a desire for instant gratification. Such incidents serve as a wake-up call for parents to pay closer attention to their children.

We currently witness students at the high school, junior high, and even elementary levels falling prey to harmful behaviors such as smoking, drug abuse, binge drinking, and other reckless acts (Fatu et al., 2022). How can Indonesian youth secure a bright future if they are drawn into such negative lifestyles including promiscuous behavior at such a young age? Therefore, it is crucial to educate children as early as possible about the dangers they should avoid, thereby preventing undesirable outcomes. A lack of attention from their immediate environment creates a significant risk for children to easily fall into activities they perceive as fun or gratifying, even though these very activities can ultimately ruin their lives. Alcohol consumption a topic currently widely discussed in the community serves as a prime example of the kind of unrestrained social behavior that severely jeopardizes a child's future; a lack of parental affection and attention is often the underlying reason why children succumb to such habits (Paramesti et al., 2025).

Under normal circumstances, the primary social circle a child interacts with consists of parents, siblings, or close friends. It is through this environment that a child learns about the world around them and the social norms governing daily life; this is where the initial process of socialization takes place (Adiwikarta, 2019). Parents, siblings, and close relatives should dedicate themselves to educating the child, ensuring they receive proper guidance and adopt healthy social habits (Mahmud, 2012).

Alcohol consumption among adolescents is a common phenomenon. Various factors drive them to spend their leisure time drinking. Adolescents face numerous risks and challenges that require supervision from both parents and the community. The prevalence of alcohol consumption among the youth inevitably hinders individual character development (Aprellia et al., 2024) and, by extension, the progress of the Indonesian nation, given that adolescents represent the next generation and a vital national asset destined to carry forward and contribute to the country's development (Haryani, 2022).

Based on the researcher's preliminary observations in August 2022, Bulutellue Village is located in the Bulupoddo District of Sinjai Regency. The village comprises various social strata and groups such as religious leaders, nobility, and ordinary citizens holding different positions within the community. Socio-economically, the residents work as farmers, entrepreneurs, civil servants, manual laborers, and business owners. Strong bonds exist among community groups, particularly among teenagers, driven by a high sense of solidarity among the youth. This is evident during social gatherings; celebrations such as weddings and New Year's festivities invariably involve the consumption of alcoholic beverages such as *tuak* (palm wine) and similar drinks among the community, especially the youth, for whom this has

become a habit. This practice can lead to negative consequences, including acts of violence, brawls (such as inter-gang violence among school-aged youths), physical altercations, and even traffic accidents. Teenagers in Bulutellue Village are at a stage of identity formation, characterized by curiosity and a desire to try new things; consequently, a lack of supervision and control from adults and parents puts them at risk of falling into negative behaviors. Specifically, these teenagers often congregate on the roadside, at rest spots, in homes, or in secluded areas away from public view. These gatherings frequently extend late into the night, serving as opportunities for alcohol consumption that cause them to neglect or entirely forgo their studies.

Several factors contribute to alcohol consumption among adolescents in Bulutellue Village. One factor is the social environment, which is often dominated by alcohol use during gatherings whether at organized events or casual activities like night patrols and frequently takes place in secluded locations. Another factor is a lack of parental supervision; parents often grant their teenage children excessive freedom in their social interactions, leading to a lack of control and increasing the risk of them falling into deviant behavior. Many adolescents currently claim that consuming alcohol boosts their self-confidence, transforming them from shy individuals into bold ones; they believe that alcohol makes problems easier to solve and helps them make more friends. In reality, however, alcohol can alter or even impair one's mindset, render a person unconscious, and lead to actions that are contrary to one's true intentions (Wijaya, 2016). Given this background, the researcher is interested in conducting a study titled "Alcohol Consumption Habits Among Adolescents in Bulutellue Village, Bulupoddo District, Sinjai Regency."

2. Research Method

This study employs a qualitative research method. According to (Ahmadin, 2013), qualitative research essentially involves observing people in their environment, interacting with them, and attempting to understand their language; thus, this study explores the alcohol consumption habits of adolescents. Meanwhile, (Moleong, 2004) defines qualitative research as a study aimed at understanding phenomena experienced by research subjects such as perceptions, motivations, actions, and so forth. According to (Ikbar, 2012), the qualitative method is an approach researchers take to conduct investigations by collecting and analyzing data narratively.

The approach utilized in this study is phenomenology; the term derives from the Greek word *phenomenon*, meaning to show itself. Edmund Husserl defines phenomenology as the study of how people experience and describe things (Rahman, 2022). This implies that we understand something because we experience it; therefore, it is crucial to understand what individuals experience and how they perceive and interpret those experiences (Komara, 2014).

The research is located in Bulutellue Village, Bulupoddo District, Sinjai Regency, South Sulawesi Province. The researcher selected this location because there are adolescents there who exhibit a tendency toward alcohol consumption. Furthermore, the location facilitates the research process because it is the researcher's own place of residence, making it easier to gather information. To reach the research site, the researcher will likely use a motorcycle, as it offers easier access to the location.

3. Result and Discussion

3.1. Teenagers and Alcohol in Bulutellue Village

Bulutellue Village in Bulupoddo District originated from Lamatti Riattang Village, which underwent several administrative divisions resulting in the creation of multiple new villages; Bulutellue was one of them. The village separated because its

population had grown sufficiently large, and there was an educated individual capable of leading its development. According to local lore, the village was initially intended to be named Mattiro Halie. However, the name Bulutellue was chosen because the village encompasses three main areas: Bulupoddo, Bulu-Bulu, and Bulu Lohe. Consequently, community leaders agreed on the name Bulutellue, which signifies a region consisting of three peaks.

Bulutellue is one of seven villages in Bulupoddo District, located in the western part of Sinjai Regency, approximately 20 km from the regency capital. It covers an area of about 18.30 km² and had a population of 5,386 in 2025. The village comprises six hamlets: Satengah, Tana Tekko, Alehanuae, Samaenre, Bulu-Bulu, and Bulu Lohe. Generally, the village's landscape consists largely of dry and wet land used for agriculture, including rice paddies and plantations. Bulutellue holds great agricultural potential, with most residents utilizing their land to cultivate crops such as rice, corn, peanuts, and sweet potatoes. Agricultural plots are typically situated behind residents' homes, nestled between the settlement areas and the protected forest. In contrast, the land in front of the houses is usually planted with banana trees or ornamental flowers.

Bulutellue Village is home to diverse social strata and groups holding various positions within the community, including the village head, religious leaders, nobility, and ordinary citizens. From a socio-economic perspective, the residents of Bulutellue Village work as farmers, entrepreneurs, civil servants, manual laborers, and business owners. Regarding social conditions, the community of Bulutellue Village in Bulupoddo District possesses a reasonably good level of education.

Adolescence is the transitional period between childhood and adulthood, encompassing all developmental changes experienced in preparation for adult life. These developmental changes span physical, psychological, and psychosocial aspects. Adolescence is a distinct period of human development a transition from childhood to adulthood characterized by biological, psychological, and social changes (Asrori, 2012).

According to (Ngatini, 2025), adolescence is a developmental stage representing the transition from childhood to adulthood. During this period, interests carried over from childhood tend to diminish and are replaced by more mature interests. This shift occurs because personal responsibilities are greater in adolescence than in childhood; found that experience helps adolescents evaluate their interests more critically and discern what is truly important to them (Ramadhan et al., 2025). One social interest that emerges during adolescence involves alcohol consumption; Hurlock notes that drinking during dates or parties can enhance an adolescent's popularity. Furthermore, alcohol consumption has become a status symbol for males and adolescents alike. Fundamentally, drinking is a group activity, with few individuals choosing to drink alone. Peer group dynamics make adolescents feel comfortable engaging in behaviors they do not perceive as wrong such as choosing to consume alcohol—because the actions are performed collectively without prohibition. Adolescence is a transitional phase from childhood to adulthood. This phase reflects a mindset that often remains within the realm of concrete thinking, a condition resulting from the ongoing process of maturation occurring during this time. This period spans the ages of 12 to 21. Adolescence is a developmental stage representing the transition from childhood to adulthood. It begins around the age of 12 and concludes between the ages of 18 and 21 (Gunarsa, 2008).

According to the World Health Organization, adolescence is the period during which an individual develops from the initial appearance of sexual characteristics to the attainment of sexual maturity; the individual undergoes psychological development and shifts in identification patterns transitioning from childhood to adulthood and moves from a state of total social dependence to one of relative independence (Bintang & Mandagi, 2021). Adolescence is a time characterized by experimentation. This is natural, as adolescents tend to be emotionally and behaviorally unstable; indeed, avoidable

errors often occur due to carelessness. Furthermore, the development of bad habits can ultimately impact their daily lifestyles. It is not surprising, then, that many adolescents engage in reckless behavior and lead disorganized lives.

Alcoholic beverages commonly referred to simply as alcohol are a type of psychoactive substance (NAPZA) in liquid form; they are classified as such regardless of the specific alcohol content. Alcohol is an addictive substance, meaning it can lead to addiction manifesting as both physical and psychological dependence. Alcohol dependence can result in organic mental disorders, which are impairments in cognitive, behavioral, and emotional functioning. These mental disorders arise from the direct reaction of alcohol with central nervous system cells (in the brain), driven by alcohol's active properties. Individuals who consume alcohol continuously may unknowingly increase their intake and dosage, eventually leading to a state of drunkenness or intoxication (Kabain, 2020).

During this transitional and developmental phase, young people (adolescents) are vulnerable to engaging in deviant behavior and experiencing frustration stemming from failures or disappointments regarding their desires. Young people employ various methods to cope with the frustration they experience; one such method is compensation, wherein they attempt to mask their failures and disappointments through alternative often negative activities believed to alleviate those feelings, such as consuming alcohol (Yokom et al., 2025). Nowadays, alcohol is not merely a medical necessity; it is a familiar presence in society including among the youth and is frequently subject to abuse. Alcoholic beverages contain ethanol, a psychoactive substance that impairs consciousness upon consumption. The consumption of alcohol can have devastating consequences for both the individual and society.

On the other hand, alcoholic beverages contain an addictive substance (alcohol) that can alter consciousness and affect behavior and thought processes, leading to abnormal conduct. Alcohol consumption in Indonesia has risen alongside advancements in information technology and transportation services; easy access to alcohol is also a contributing factor to this increase. Data on adolescent reproductive health indicates that alcohol consumption among adolescents (aged 15–24) falls into two categories daily consumption and occasional consumption with a higher percentage of males (15%) consuming alcohol compared to females (1%). Approximately 70% of males and 58% of females begin drinking alcohol between the ages of 15 and 19 (Hakim, 2023).

Many young people who consume alcohol report a boost in self-confidence, transforming from shy to bold, and believe that alcohol can solve all their problems; however, alcohol consumption can impair cognitive processes and lead to a loss of consciousness or actions taken against one's own will. The physical consequences of alcohol consumption include damage to the liver and pancreas, as well as diabetes, obesity, and depression. The physical impact of alcohol consumption on adolescents is evident in signs such as a thin physique, sunken and red eyes, darkened lips, a staggering gait, and even vomiting or an inability to stand. Regarding mental health, effects include a tendency to engage in bizarre or vulgar speech, irritability, anger, mood swings, constant smoking, a lack of concentration, and frequently touching or rubbing one's head. Furthermore, adolescent alcohol consumption affects public safety and order, leading to disturbances late into the night, loud music, shouting and singing, theft, and brawls (Barros et al., 2024).

Adolescents can fall into alcohol-related problems due to the influence of their social circles; those who drink often belong to specific peer groups. Initially, an individual might only experiment because family members or friends do so, but for some, it develops into a habit. Adolescents dissatisfied with their personal circumstances or family lives may prioritize maintaining good relationships with friends above all else, making them susceptible to peer pressure or invitations to drink. Once the habit is established facilitated by easy access an individual may begin drinking alone, eventually becoming addicted and finding recovery difficult. Alcohol abuse has detrimental effects on both physical and

psychological health (Rizkilla et al., 2022).

Meanwhile, the behavioral signs associated with alcohol consumption often include a surge of boldness that manifests as aggression, a short temper, irritability, and brutal behavior. Another consequence of alcohol consumption is its impact on social life, manifesting as an inability to socialize with non-drinkers, frequent conflicts with others, impaired social functioning (such as in work or school), poor job performance, dropping out of school, and low academic grades. The social lives of adolescents who consume alcohol inevitably undergo changes. Individuals are unlikely to stop drinking until they experience the harmful effects firsthand. Adolescents often start drinking due to their social circles and peer influence; they may simply be following the crowd or experimenting. Not everyone who consumes alcohol is classified as an alcoholic, as there are varying levels of alcohol consumption. Someone who drinks only once or twice cannot yet be considered an alcoholic (Priana, 2026).

The issues facing adolescents are becoming increasingly complex and alarming. In today's era of globalization, teenagers can access all kinds of information via the internet including content intended for adults which often triggers negative behaviors. Various behavioral patterns among adolescents have recently become prominent in society. Given their inherent traits and value systems, teenagers often engage in actions that the community deems inappropriate for their age group. To date, the primary concern drawing widespread attention is alcohol abuse.

The current situation regarding alcohol abuse is deeply concerning, with a significant number of underage teenagers consuming alcohol. Most of these adolescents are influenced by their social circles and immediate environments; they associate with peers who frequently drink and turn to alcohol in the belief that it will help alleviate their problems. Such deviant behaviors which violate moral norms often cause anxiety and create problems for others. Adolescent social habits also have the potential to cause social unrest, as many teenagers become involved in negative activities like binge drinking. These behaviors carry multiple risks and negative consequences for both the individual's health and the surrounding community. In rural areas, in particular, this leads to teenagers becoming increasingly ostracized and gaining a poor reputation within their communities. Alcohol consumption profoundly impacts a person's life once they become involved with it (Hasanah et al., 2026).

3.2. Alcohol Consumption by Adolescents

Alcohol consumption is a form of social deviance. Such deviance among adolescents does not simply emerge without specific pulling or pushing factors. Pull factors originate outside the individual, whereas push factors arise from within the family environment, creating conditions that make it possible for a person to engage in deviant behavior (Juk, 2019). The primary reasons adolescents are drawn to alcohol include: (1) Imitating others adolescents observe many people consuming alcohol, including their parents and other adults. Furthermore, alcohol consumption is often an integral part of adolescent social life; friends may encourage one another to drink, and since alcohol is readily available within their peer groups, and they see their friends enjoying, it is not surprising that they begin using it themselves. (2) Media 42% of adolescents agree that movies and television shows portray alcohol consumption as an enjoyable activity, making them interested in trying it. (3) Escapism and self-medication when adolescents are unhappy and lack healthy ways to cope with frustration or a loss of self-confidence, they may turn to alcohol as an escape. They are willing to try any substance that might make them feel happier, more energetic, or more confident. (4) Boredom adolescents struggle with isolation, particularly when their parents are inattentive. Bored with a family situation where they feel neglected, they may seek out other peer groups, a process that often leads to their first experiences with alcohol. (5) Misinformation adolescents are sometimes encouraged by close friends to drink alcohol based on the belief that it can alleviate their growing problems.

However, the most crucial factor is the information parents have previously provided regarding the dangers of alcohol consumption. Adolescents are more prone to falling into alcohol use due to various factors: a desire to prove their courage by engaging in risky behavior, a wish to defy authoritarian parents, a need to escape loneliness and gain emotional experiences, a quest for the meaning of life, a desire to fill a void or alleviate boredom, a need to relieve anxiety or restlessness, peer solidarity, and simple curiosity.

Young people often try things to prove their bravery to friends, escape existing problems, find life's meaning, or demonstrate solidarity with their peers. Curiosity is an innate individual need particularly among the younger generation, who are naturally inclined to try new things. Research interviews revealed that Wawan had been consuming alcohol since elementary school and continues to do so. The following is a quote from Wawan's interview:

"Oh, yeah—I've been consuming alcohol since elementary school. While other kids were still playing marbles, I was already trying *tuak* [palm wine]. It was just experimenting at first I wasn't a heavy drinker yet but I was curious about what the drink was actually like. I still consume alcohol to this day. I really love it I'm crazy about alcohol because it calms me down and lets me forget my problems, even if only for a little while."

The researcher asked Wawan about his knowledge regarding the beverage he consumes—specifically, his understanding of what alcohol actually is. Wawan admitted that he did not fully grasp the definition of alcohol; to him, it was simply a type of drink. He consumes alcohol twice a week, totaling about four times a month. Wawan stated that his alcohol consumption began with personal curiosity, reinforced by a supportive social environment. Despite drinking since elementary school, he feels he has no dependency on alcohol. He explained that he could go without it, though he often succumbs to a psychological urge a self-imposed suggestion whenever alcohol is right in front of him. This is especially true when he finds it difficult to refuse a drink while socializing with friends. The following is a quote from Wawan:

I wouldn't say I'm dependent, though it feels unpleasant without it. I can actually hold off on alcohol, so I wouldn't call it dependency. But if I see the drink, I'll definitely have some it's like a mental trigger especially when hanging out with friends; I just can't say no to drinking."

Wawan stated that he is aware of the dangers associated with alcohol consumption. He believes that consuming alcohol in large quantities can lead to overdose and even death. He learned about these risks from the people around him; even his parents had warned him. Wawan has been an active smoker since elementary school; he started smoking first and later tried alcohol. He also acknowledged that alcoholic beverages are classified as "hard liquor" a fact he learned from advertisements yet he continues to consume them because he has not yet experienced any adverse effects. Based on an interview with Ahmad (conducted on March 3, 2023), he stated:

I started consuming alcohol back when I was in junior high school; I tried it because the drink looked appealing, and I kept drinking until I felt dizzy. To this day, I still enjoy drinking with friends. In my view, alcohol is a beverage that causes dizziness and leads to intoxication."

The interview with the informant revealed that he has been consuming alcohol since junior high school; his curiosity drove him to try it, and he continued until he felt dizzy. What began as mere experimentation eventually turned into an addiction. He still frequently consumes alcohol. Although he is aware that it is an intoxicating beverage, he continues to consume it to this day.

5. Conclusion

Alcohol consumption has become a common habit among teenagers in Bulutellue Village. As a settlement inhabited by transmigrants, the village reflects a blend of unique regional backgrounds that have coalesced into established social

patterns. One such pattern is the prevalence of alcohol consumption, a negative habit found not only among adults but also among teenagers. This trend is driven by the easy availability of alcohol and the ineffectiveness of existing regulations governing its distribution. Social interactions among teenagers in Bulutellue Village take various forms, including peer relationships, socializing outside the home or school, and behaviors stemming from parental neglect.

Several factors influence teenagers to consume alcohol: individual, familial, environmental, and cultural factors. Individual factors include a teenager's curiosity and desire to try new things specifically alcohol. Familial factors play a role when a family member, such as a cousin, drinks alcohol, thereby influencing the teenager to adopt the same habit. Environmental factors are significant, particularly when teenagers socialize with peers who engage in drinking; peer pressure and intimidation can lead teenagers into the habit of alcohol consumption. Finally, cultural factors also play a part, as teenagers observe the local community consuming alcohol. Habits such as gathering at the neighborhood security post (*pos ronda*) often lead teenagers to join residents in drinking alcohol.

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